

# WCS

## WORSBROUGH WEEKLY



**RISING STARS FEBRUARY HALF  
TERM HOLIDAY CLUB 2025**

**MONDAY 16TH FEBRUARY -  
FRIDAY 20TH FEBRUARY**

**(HOLIDAY CLUB IS FOR CHILDREN AGED 5 & UP)**

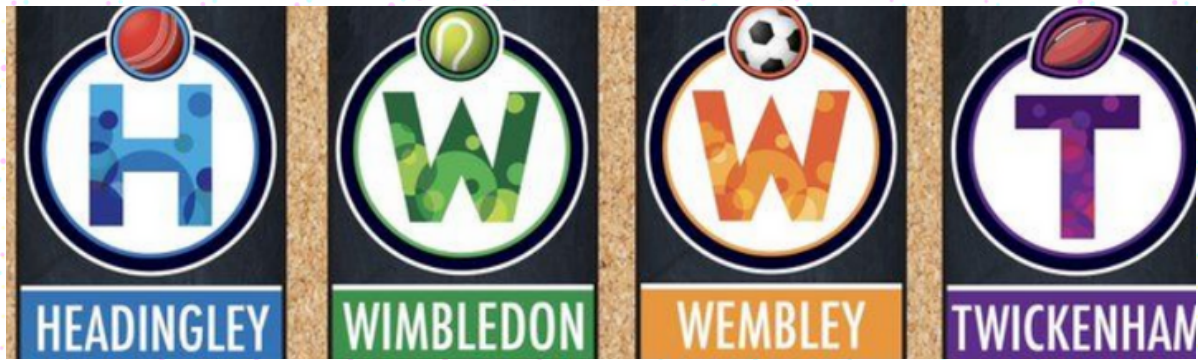
**SESSION OPTIONS:**  
**9AM-3PM £15 (BRING YOUR OWN LUNCH)**  
**9AM-3PM £18 (LUNCH INCLUDED)**  
**8AM-4PM £30 (LUNCH INCLUDED)**  
**(SNACKS ARE INCLUDED FOR ALL SESSIONS)**

**MESSAGE US ON FACEBOOK  
OR CALL US ON 07544068308 TO BOOK**

**Amazing  
creations  
from Craft  
club!**







**The winning house for last week was Wembley!**  
**The following children received House Hero certificates:**

**Headingley- Maya T**

**Twickenham- Charlie S**

**Wimbledon- Emily W & Florence T**

**Wembley- Dennis A**

**Dates For Your Diary**

**W/C 2nd Feb - Year 5 Bikeability**

**Friday 13th Feb - Break up for half term.**

**Monday 23<sup>rd</sup> Feb - Return to school.**

**Trips:**

**Thursday 12<sup>th</sup> Feb - Year 5 Madni Mosque**

**Tuesday 3<sup>rd</sup> March - F2 Williams Den**

**Wednesday 4<sup>th</sup> March - Year 3 National Coal Mining Museum**

**Wednesday 25<sup>th</sup> March - Nursery Eureka!**



# RED & READY: A HEALTHY LIVING PROGRAMME

FREE



## Looking to find work? Needing a little support?

Join our 6 Week Programme and learn through

- Interactive workshops, physical activities & developing new skills
- Group discussion and peer support, providing practical help back into employment

### Mental Health & Wellbeing

- Managing stress and everyday pressures
- Practical tools to support positive mental wellbeing

### Physical Activity

- Simple, enjoyable ways to move more
- Building confidence to stay active



### Healthy Eating

- Understanding food labels & portion sizes
- Making healthier choices without giving up the foods you love

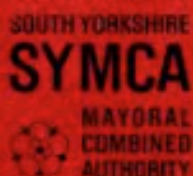


### What's involved?

- Free fitness classes
- Meal prep hampers for clean and affordable meals
- Mental health walk and talk with a cuppa!
- Wreath making
- Pathways to courses to focus on personal development
- Free and friendly support to help you make the changes you need



**BARNSELEY FC**  
COMMUNITY TRUST



**Book Your Place Now**



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